**Automatic Writing: Saturday, April 03, 2010  
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*(Laverne) Hello Dear Ones. It has been quite a while. For some reason I felt disconnected and reluctant to speak with you. But now I wish to visit and see what you have to tell me. I hope I am welcome.*

(Guides) Yes dear sister we have awaited your coming for some time now. We do wish to speak with you. You were both excited and fearful to hear what we had to say. But the time has come to listen.

Your world is in a serious crisis of both decision making and opportunities. You already know this, but it is important to get the words down in this document.

Your world may choose to go toward the dark and destructive path that it appears to be expecting, or it can move into true light never before attained in corporeal form, with all the beauty that offers. In much the same way as many of the religious texts have spoken, it can be a time of high bliss and awareness, without the need for your bodies to die. You don’t even have to ascend to another realm. Just live!

Some will choose to leave life, or die, because the strain of moving their bodies into such a heightened level of energy and power is too frightening and seemingly impossible to bear. The final transition, or if you would say it that way, the rapture, will be quite challenging for many. Only portions of the civilization will be ready for the change. But a great many souls are in the process of getting truly ready for this next grand experiment.

In all other cultures across time, space, dimensions and vortexes, each civilization that chose to move to the higher awareness level, or rapture state, has done it in purely energetic form, leaving their physical bodies behind. They just did not have the will, capacity, or wisdom to take their living bodies with them into the heightened state. But your planet has been working for some time now, over millennia, to evolve and adjust the mechanisms within their bodies to prepare for the new options. All souls on the Earth know, at a higher consciousness level, that the shift is actually part of this grand opportunity and experiment to begin a totally new type of civilization, with all of its inherent possibilities and challenges. Most know that it will be beyond their ability to meet this challenge, and will not make the shift. Yet there are many who are ready and willing to attempt it.

Many different religious prophecies have spoken to this change. They have spoken of the rapture wherein those of pure heart will rise and live forever in a Heaven on Earth. While those not worthy will die and be condemned to the pits of Hell, or some similar state of torture. They have it partially right.

The ability to rise up, yet while still in physical form, and live at the frequency of soul consciousness while in physical form is now possible. For those unable to accomplish that shift, it could be viewed as slipping into the Hell realms. It is actually staying in a dimension still filled with the same levels of strife and challenge. What would make it more difficult is knowing that positive change was possible, yet unattained. Many of the more oppressive and challenging regions of Earth as you now know it already live within limitation, fear, grief, and potential pain. That oppression and fear could spread. Those that are not ready to move higher will feel the loss of hope. For they will not yet know the kind of salvation and joy attained by those who successfully make it through the rapture / evolution into the higher energy plane as mortals in flesh. They will not experience the wisdom and awareness of full soul consciousness. In a way it will be the end of Earth as you now know it. Both planes of existence will inhabit the same space, but in different dimensions. Some, such as you, will move back and forth between the dimensions at will, and for specific purposes of teaching, leading and healing. Most will be in one or the other, depending upon the choices they make. It will be extremely different and can be thought of as an upheaval, or apocalypse, in comparison to what you now know and understand.

Many things, such as plants, animals, and other components of the earth will simultaneously exist in both dimensions, vulnerable to both experiences. So there will be great changes in their nature as well. The possibilities are truly endless….

The decision about how (and exactly when) the shift happens, along with the level of trauma experienced during this change, will depend upon the collective consciousness of the planet when it occurs. Those decisions have not yet been made. There is still time left in the process. Workers like you must become beacons and guides to help people move toward the moment of determination, based upon belief, courage, and collective awareness. We encourage you to open yourself to new possibilities, and share your light, wisdom, and leadership on more levels; to encourage others to move toward the rapture in joy and trust. It is simply your job, and we trust you to do it.

You can and will do this. It is your greatest commitment and task for this lifetime. Getting there will not be easy, but it will become clearer, and you will be more focused as time progresses.

You must stay committed to your path and your inner wisdom. Trust in what you know and believe. It is all possible and will occur. We just don’t know what that will look like, or how challenging that transition will be. We say it again: it has not yet been decided.

Be joyful sister. What has long been called “the end times” are near. But that end simply refers to the end of the great limitations placed upon each of you when you enter the Earth realms and live as limited mortals upon your great planet.

The planet is getting ready for this shift as well, as your scientists could attest. She is a living, incarnate soul going through her own evolution. Maa/Gaia is in process of shifting her energies and moving into a new type of interaction with her cell bodies (living beings). She is rearranging her structure and functions in primordial and important ways. She is struggling through it all, as seen by earthquakes, floods, and other “disasters” happening throughout your world. Those are a result of her growth spurts and significant changes necessary to be a home for yet another split in the dimensions and experiences within and upon her body. It is much like it was when the higher dimensions split off and took the magic with them into the fifth and eighth dimensions during Medieval times.

There will be even more changes, and the realm you know as three-dimensional Earth will be more challenging to those who live there. Just believe that the new and more powerful dimension you are getting ready to create will be just as challenging to her as it is to you and yours. So pray for her, and work to connect with her again on more elemental levels to help her go through her own metamorphosis. Work together in love and trust. You are partners bound together.

You and the other children of the cosmos are blessed to be willing to experience life during these exciting and challenging times. So make the most of it. “Lighten Up” (come to enlightenment of a new order) and focus on the possibilities and the new life forms you will be manifesting. It will be wondrous.

*(Laverne) Please explain what this type of shift means for our bodies.*

(Guides) The physical body will increase its energetic vibrations so high that it will match that of the soul’s frequency. All that you know of the lower vibrational energies will still be within the structure, but will no longer be the primary frequencies. The current structures will remain in substance, but will be upgraded or enhanced into a new form. This has never, ever, been tried before. So exactly how the new patterns will emerge and shift is a bit of a mystery. We do not fully understand all of the mechanics that will need to be adjusted to make this work. But it is envisioned as something like each cell and energy structure being tuned to move up many octaves on the frequency scale to create new harmonics and interactions throughout the entire system. It will be very interesting to see how the temporal human bodies will respond to this gigantic upgrade.

As you have seen in the evolution of the energy system over the past decades, it is happening rapidly and with increasing impact. You must understand that if you came into your bodies today with the understanding and expectations you had when you lived in the Middle Ages, you would not know how to cope, or how to feel. Every system works so differently now that you simply would not be comfortable or connected to your physical partners. In fact, that is one of the contributors to various types of psychosis, especially schizophrenia, of the “modern” world. Souls that skipped from earlier times directly into current times for an incarnation are truly struggling. It could be compared to someone who is accustomed to driving a Model T Ford trying to fly an advanced jet plane with no manual, training, or co-pilot. There are just too many new systems and processes to work with. So it will be with this next significant shift you plan to experience.

The eternal soul entity and the temporal body partner will share the same vibration frequencies, allowing brand new ways of thinking, knowing, and being. The partnership will be more equal and glorious. What people now experience in altered states will be commonplace. What can be accomplished in the new forms of “altered” states is as yet unimaginable. Humans will walk the Earth in angelic, or demi-god, form. The wondrous possibilities are enormous.

On the other side of the coin, the potential for extreme abuse of the new powers and energies will be equally possible. So a whole new set of dynamics and interactions will be possible. They could affect the entire cosmos. We foresee that this type of empowerment will provide whole new temptations of abuse that will test the soul in many new ways. It will take us all to new levels of learning and understanding never before imagined.

We do live in a connected time/space environment happening all at once on some levels. Yet decisions made at any moment can have instant adverse or positive impact on all the other parts of creation. So when we say the decision has not yet been made, that is what we mean. We can see what is likely and happening, but we do not yet see the slip-stream impacts of individual and collective decisions and actions. Just as it was for the 11:11 alignment and consciousness shift, there are far too many variables manifesting change moment to moment to have a true understanding of what is to come. What we do know is that the possibilities are endless. And they are glorious!

Have courage and faith. Blessed be in your new growth cycle.